

Physical Activity Practitioners: Reducing Infection with Coronavirus (Ages (45-55))

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ABSTRACT

Physical activity is carrying out a conscious voluntary physical effort, as the body gains health and protection from diseases. There are many different types of physical activities. It is possible to do walking, running, jumping, climbing, etc. These matters are important in a person's life, so if the individual does not like a type Among them, there are many options, and there are many games that are practiced as a kind of entertaining sport such as football, basketball, and small games. Therefore, everyone must set hours per day to exercise, especially during the home ban that results in lack of movement, excessive eating, and more sleep with The possibility of weight gain and thus the high risk of developing serious and chronic diseases such as: diabetes, high blood pressure and arthritis, in addition to mental illnesses such as depression, anxiety, fatigue and stress, which in turn leads to psycho-motor disorders. The researchers used a questionnaire that was distributed to 80 persons from the Algerian community, whose ages ranged from 45-55 years, during which a set of questions was asked and the answers were closed in the selection of them chosen by the researchers, and the most important findings of the researchers in their study is that physical activity and exercise within the limits The house contributes effectively to feeling healthy and safe from diseases, improving the recreational side and avoiding psychological pressures.

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INTRODUCTION

Exercise is a subcategory of PA that is planned, structured, and repetitive and that has as a final or intermediate objective for improvement or maintenance of physical fitness. Physical function is the capacity of an individual to perform the physical activities of daily living. Physical function reflects motor function and control, physical fitness, and habitual PA (Langhammer, Bergland and Rydwik, 2018). There are many different types of physical activities. Walking, running, jumping, climbing and other things can be done in a person's life. He does not like a type of it, he has many options, and there are many games that are practiced as a kind of entertaining sport such as football, basketball, and small games. Therefore, everyone must limit hours per day to exercise, especially during the home ban that results in lack of movement and eating excessive and a large number of sleep with the possibility of weight gain and thus an increased risk of developing serious and chronic diseases such as: diabetes, high blood pressure and arthritis, in addition to psychological diseases such as depression, anxiety, boredom and tension, which in turn leads to psycho-motor disorders.

Exercising on a daily basis burns the extra calories in the body and burns the accumulated fat as the body excretes it in the form of sweat. Many people are lazy or afraid to start a physical training program, but it should not be awe. The best way to get started is to look at your schedule and decide where to regularly exercise a 30-minute exercise. And many normal daily activities are considered moderate exercise, for example: climbing stairs, walking on a moving mat, or playing with children, and physical activity does not necessarily take place in one session, you can distribute 30 minutes - for example, by walking for a period of 10 minutes, then do the running for 20 minutes later, for example with children. Research has shown that the division of physical activity for ten minutes throughout the day burns calories no less than the number of calories burned over a continuous period of time. In this regard, the results of a qualitative study than in the United Kingdom for the export of overweight individuals, as well as health professionals and policy makers working in the field of obesity prevention and weight management (Greener, Douglas, Edwinvan and Teijlingen, 2010). Once people engage in the habit of allocating time on most days of the week for physical activity, they tend to be more open to new types of activities - because they feel stronger and more able to exercise. People who have not thought of a new sport may find themselves inclined to experience dancing,

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